

# pH CHART

<p>Consume Freely Raw is Best</p>	<b>10</b>	Raw Spinach Brussel Sprouts Cauliflower Alfalfa Grass Seaweeds	Raw Broccoli Red Cabbage Carrots Cucumbers Asparagus	Artichokes Raw Cellerly Potato Skins Collards Lemons & Limes
	<p><b>Alkaline pH</b></p>	<b>9.0</b>	Olive Oil Raw Zucchini Sprouted Grains Raw Green Beans Mangoes Tangerines Grapes	Most Lettuce Sweet Potato Raw Eggplant Blueberries Papayas Melons
<p>Most foods get more acidic when cooked</p>		<b>8.0</b>	Apples Tomatoes Turnip Bell Peppers Pineapple Wild Rice Cantaloupe Oranges	Almonds Fresh Corn Olives Radish Cherries Strawberries Honeydew Grapefruit
<p><b>Neutral pH</b> Optimum pH for HUMAN BLOOD</p>	<b>7.0</b>	<p><b>Most Tap Water</b> Municipalities adjust tap water to be +/- 7.0 Optimum pH for HUMAN BLOOD is 7.365</p>		Butter, fresh, unsalt Cream, fresh, raw Milk, raw cow's Margarine Oils, except Olive
<p>It takes 20 parts of ALKALINITY to neutralize 1 part ACIDITY in the body</p>	<b>6.0</b>	Milk, Yogurt Most Grains Eggs Kidney Beans Processed Juices Brown Rice Sprouted Wheat Bread Oysters	Fruit Juices Soy Milk, Goat's Milk Fish Lima Beans Rye Bread Cocoa Oats Cold Water Fish	Cooked Spinach Coconut Tea Plums Spelt Rice & Almond Mill Liver Salmon, Tuna
	<p><b>Acidic pH</b></p>	<b>5.0</b>	Cooked Beans Sugar Potatoes w/o Skins Garbanzos Butter, salted Wheat Bran	Chicken & Turkey Canned Fruit Pinto Beans Lentils Rice Cakes Rhubarb
<p>Consume sparingly or never</p>		<b>4.0</b>	Reverse Osmosis Water Coffee Pistachios Cranberries Wheat Popcorn	Distilled & Purified Water White Bread Beef Prunes Most Nuts Peanuts
	<b>3.0</b>	Lamb Shellfish Goat Cheese Pasta Worry Tobacco Smoke Sweet'N Low NutraSweet	Pork Pastries Soda Pickles Lack of Sleep Chocolate Equal Processed Food	Wine Cheese Black Tea Stress Overwork Vinegar Aspartame Microwaved Foods
	<b>2.3</b>	<b>Colas! (Off the Chart)</b>		

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\*\*Seychelle's proprietary Ph2OPURE filter increases the alkalinity of tap water up to 9.5pH range. Actual pH reading after filtration will vary.